

The Suffering Christ – Palm Sunday

O God, make speed to save us:

O Lord, make haste to help us.

**Glory to the Father and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Psalmody

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

- 1 I spread out my hands to you;*
my soul gasps to you like a thirsty land.
- 2 **O Lord, make haste to answer me; my spirit fails me;*
do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalm 103

- 1 Bless the Lord, O my soul,*
and all that is within me, bless his holy name.
- 2 **Bless the Lord, O my soul,*
and forget not all his benefits.**
- 3 He forgives all your sins*
and heals all your infirmities;
- 4 **He redeems your life from the grave*
and crowns you with mercy and loving-kindness;**

- 5 He satisfies you with good things,*
and your youth is renewed like an eagle's .
- 6 The Lord executes righteousness*
and judgement for all who are oppressed.**
- 7 He made his ways known to Moses*
and his works to the children of Israel.
- 8 The Lord is full of compassion and mercy,*
slow to anger and of great kindness.**
- 9 He will not always accuse us,*
nor will he keep his anger for ever.
- 10 He has not dealt with us according to our sins,*
nor rewarded us according to our wickedness.**
- 11 For as the heavens are high above the earth,*
so is his mercy great upon those who fear him.
- 12 As far as the east is from the west,*
so far has he removed our sins from us.**
- 13 As a father cares for his children,*
so does the Lord care for those who fear him.
- 14 For he himself knows whereof we are made;*
he remembers that we are but dust.**
- 15 Our days are like the grass;*
we flourish like a flower of the field;
- 16 When the wind goes over it, it is gone,*
and its place shall know it no more.**
- 17 But the merciful goodness of the Lord endures for ever
on those who fear him,*
and his righteousness on children's children;
- 18 On those who keep his covenant*
and remember his commandments and do them.**

- 19 The Lord has set his throne in heaven,*
and his kingship has dominion over all.
- 20 Bless the Lord, you angels of his,
you mighty ones who do his bidding,*
and hearken to the voice of his word.**
- 21 Bless the Lord, all you his hosts,*
you ministers of his who do his will.
- 22 Bless the Lord, all you works of his,
in all places of his dominion;*
bless the Lord, O my soul.**

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 He committed no sin, no guile was found on his lips;*
when he was reviled he did not revile in return.**
- 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
- 4 He himself bore our sins in his body on the tree,*
that we might die to sin and live to righteousness.**
- 5 By his wounds we have been healed;*
for we were straying like sheep,
- 6 But now we have returned*
to the shepherd and guardian of our souls.**
- Lord hear my prayer;
answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

I have said to the Lord, You are my God.

I have said to the Lord, You are my God.

Listen, O Lord to my supplication.

You are my God.

Glory to the Father and to the Son and to the Holy Spirit.

I have said to the Lord, You are my God.

Magnificat

Jesus died
so that we might live for God.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

Jesus died
so that we might live for God.

Prayers

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Do not bring us to the time of trial,
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

God of infinite mercy and forgiveness, by the cross and resurrection of Jesus your Son, wash away our sins and deliver us from our infirmities of body and spirit, that we may live with him his risen life, to the praise and glory of your holy name. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Monday in Holy Week

O God, make speed to save us:

O Lord, make haste to help us.

**Glory to the Father and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Psalmody

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

- 1 I spread out my hands to you;*
my soul gasps to you like a thirsty land.
- 2 **O Lord, make haste to answer me; my spirit fails me;*
do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 11 & 12

- 1 In the Lord have I taken refuge;*
how then can you say to me,
'Fly like a bird to the hilltop;
- 2 **For see how the wicked bend the bow
and fit their arrows to the string,***
to shoot from ambush at the true of heart.
- 3 When the foundations are being destroyed,*
what can the righteous do?'
- 4 **The Lord is in his holy temple;*
the Lord's throne is in heaven.**

- 5 His eyes behold the inhabited world;*
his piercing eye weighs our worth.
- 6 The Lord weighs the righteous as well as the wicked,*
but those who delight in violence he abhors.**
- 7 Upon the wicked he shall rain coals of fire and burning sulphur;*
a scorching wind shall be their lot.
- 8 For the Lord is righteous;
he delights in righteous deeds;*
and the just shall see his face.**
- 1 Help me, Lord, for there is no godly one left;*
the faithful have vanished from among us.
- 2 Everyone speaks falsely with his neighbour; *
with a smooth tongue they speak from a double heart.**
- 3 Oh, that the Lord would cut off all smooth tongues,*
and close the lips that utter proud boasts!
- 4 Those who say, 'With our tongue will we prevail; *
our lips are our own; who is lord over us?'**
- 5 'Because the needy are oppressed,
and the poor cry out in misery,*
I will rise up,' says the Lord,
'and give them the help they long for.'
- 6 The words of the Lord are pure words,*
like silver refined from ore and purified seven times in the fire.**
- 7 O Lord, watch over us*
and save us from this generation for ever.
- 8 The wicked prowl on every side,*
and that which is worthless is highly prized by everyone.**

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
 - 2 **He committed no sin, no guile was found on his lips;***
when he was reviled he did not revile in return.
 - 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
 - 4 **He himself bore our sins in his body on the tree,***
that we might die to sin and live to righteousness.
 - 5 By his wounds we have been healed;*
for we were straying like sheep,
 - 6 **But now we have returned***
to the shepherd and guardian of our souls.
- Lord hear my prayer;**
answer me in your righteousness.

Readings

Silence

Response – from Psalm 28.11

I have said to the Lord, You are my God.
I have said to the Lord, You are my God.

Listen, O Lord to my supplication.
You are my God.

Glory to the Father and to the Son and to the Holy Spirit.
I have said to the Lord, You are my God.

Magnificat

**Deliver me O Lord from evil,
preserve me from the wicked.**

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

**Deliver me O Lord from evil,
preserve me from the wicked.**

Prayers

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Do not bring us to the time of trial,
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

God our refuge, deliver us from violence and evil, and guide us in the paths of righteousness, that on the day of judgement we may rejoice to see you face to face; through Jesus Christ our Redeemer. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Tuesday in Holy Week

O God, make speed to save us:

O Lord, make haste to help us.

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Psalmody

Lord hear my prayer;

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Opening - from Psalm 143

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my soul gasps to you like a thirsty land.
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do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 69: 19-38

- 19 'Hide not your face from your servant;*
be swift and answer me, for I am in distress.
- 20 **Draw near to me and redeem me;*
because of my enemies deliver me.**
- 21 You know my reproach, my shame, and my dishonour;*
my adversaries are all in your sight.'
- 22 **Reproach has broken my heart, and it cannot be healed;*
I looked for sympathy, but there was none,
for comforters, but I could find no one.**

- 23 They gave me gall to eat,*
and when I was thirsty, they gave me vinegar to drink.
- 24 Let the table before them be a trap*
and their sacred feasts a snare.**
- 25 Let their eyes be darkened, that they may not see,*
and give them continual trembling in their loins.
- 26 Pour out your indignation upon them,*
and let the fierceness of your anger overtake them.**
- 27 Let their camp be desolate,*
and let there be none to dwell in their tents.
- 28 For they persecute him whom you have stricken*
and add to the pain of those whom you have pierced.**
- 29 Lay to their charge guilt upon guilt,*
and let them not receive your vindication.
- 30 Let them be wiped out of the book of the living*
and not be written among the righteous.**
- 31 As for me, I am afflicted and in pain;*
your help, O God, will lift me up on high.
- 32 I will praise the name of God in song;*
I will proclaim his greatness with thanksgiving.**
- 33 This will please the Lord more than an offering of oxen,*
more than bullocks with horns and hoofs.
- 34 The afflicted shall see and be glad;*
you who seek God, your heart shall live.**
- 35 For the Lord listens to the needy,*
and his prisoners he does not despise.
- 36 Let the heavens and the earth praise him,*
the seas and all that moves in them;**
- 37 For God will save Zion and rebuild the cities of Judah;*
they shall live there and have it in possession.
-

**38 The children of his servants will inherit it,*
and those who love his name will dwell therein.**

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 **He committed no sin, no guile was found on his lips;*
when he was reviled he did not revile in return.**
- 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
- 4 **He himself bore our sins in his body on the tree,*
that we might die to sin and live to righteousness.**
- 5 By his wounds we have been healed;*
for we were straying like sheep,
- 6 **But now we have returned*
to the shepherd and guardian of our souls.**

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Readings

Silence

Response – from Psalm 28.11

I have said to the Lord, You are my God.
I have said to the Lord, You are my God.

Listen, O Lord to my supplication.
You are my God.

Glory to the Father and to the Son and to the Holy Spirit.
I have said to the Lord, You are my God.

Magnificat

False witnesses have risen against me,
and they breathe out violence.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

**From this day all generations will call me blessed:
You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

False witnesses have risen against me,
and they breathe out violence.

Prayers

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Do not bring us to the time of trial,
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Blessed are you, God of our hope; you restore the fallen and rebuild the broken walls. Teach us the song of thanksgiving, for you are the strength of your people; through Jesus Christ our Lord. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Wednesday in Holy Week

O God, make speed to save us:

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Psalmody

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or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 10

- 1 Why do you stand so far off, O Lord,*
and hide yourself in time of trouble?
- 2 **The wicked arrogantly persecute the poor,*
but they are trapped in the schemes they have devised.**
- 3 The wicked boast of their heart's desire;*
the covetous curse and revile the Lord.
- 4 **The wicked are so proud that they care not for God;*
their only thought is, 'God does not matter.'**

- 5 Their ways are devious at all times;
your judgements are far above out of their sight;*
they defy all their enemies.
- 6 They say in their heart, 'I shall not be shaken;***
no harm shall happen to me ever.'
- 7 Their mouth is full of cursing, deceit, and oppression;*
under their tongue are mischief and wrong.
- 8 They lurk in ambush in public squares**
and in secret places they murder the innocent;*
they spy out the helpless.
- 9 They lie in wait, like a lion in a covert;
they lie in wait to seize upon the lowly;*
they seize the lowly and drag them away in their net.
- 10 The innocent are broken and humbled before them;***
the helpless fall before their power.
- 11 They say in their heart, 'God has forgotten;*'
he hides his face; he will never notice.'
- 12 Rise up, O Lord;**
lift up your hand, O God;*
do not forget the afflicted.
- 13 Why should the wicked revile God?*'
why should they say in their heart, 'You do not care?'
- 14 Surely, you behold trouble and misery;***
you see it and take it into your own hand.
- 15 The helpless commit themselves to you,*
for you are the helper of orphans.
- 16 Break the power of the wicked and evil;***
search out their wickedness until you find none.
- 17 The Lord is king for ever and ever;*'
the ungodly shall perish from his land.

**18 The Lord will hear the desire of the humble;*
you will strengthen their heart and your ears shall hear;**

19 To give justice to the orphan and oppressed,*
so that mere mortals may strike terror no more.

Conclusion – from 1 Peter 2

1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.

**2 He committed no sin, no guile was found on his lips;*
when he was reviled he did not revile in return.**

3 When he suffered he did not threaten,*
but trusted in God who judges justly.

**4 He himself bore our sins in his body on the tree,*
that we might die to sin and live to righteousness.**

5 By his wounds we have been healed,*
for we were straying like sheep,

**6 But now we have returned*
to the shepherd and guardian of our souls.**

**Lord hear my prayer;
answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

I have said to the Lord, You are my God.
I have said to the Lord, You are my God.

Listen, O Lord to my supplication.
You are my God.

Glory to the Father and to the Son and to the Holy Spirit.
I have said to the Lord, You are my God.

Magnificat

Christ Jesus
humbled himself even to death.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
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and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
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Prayers

Lord, have mercy upon us.

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Lord, have mercy upon us.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Do not bring us to the time of trial,
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Helper of the helpless, do not hide your face from the troubles of your people. Give them strength and comfort in times of affliction, that we may proclaim the joyous news of freedom in Jesus Christ our Saviour.

Amen

**Lord God almighty, come and dispel the darkness from our hearts, that
in the radiance of your brightness we may know you, the only
unfading light, glorious in all eternity. Amen.**

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Maundy Thursday

O God, make speed to save us:

O Lord, make haste to help us.

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Psalmody

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my soul gasps to you like a thirsty land.
- 2 **O Lord, make haste to answer me; my spirit fails me;*
do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 116 & 117

- 1 I love the Lord, because he has heard the voice of my supplication,*
because he has inclined his ear to me whenever I called upon him.
- 2 **The cords of death entangled me;
the grip of the grave took hold of me;*
I came to grief and sorrow.**
- 3 Then I called upon the name of the Lord:*
'O Lord, I pray you, save my life.'
- 4 **Gracious is the Lord and righteous;*
our God is full of compassion.**

- 5 The Lord watches over the innocent;*
I was brought very low, and he helped me.
- 6 Turn again to your rest, O my soul,*
for the Lord has treated you well.**
- 7 For you have rescued my life from death,*
my eyes from tears, and my feet from stumbling.
- 8 I will walk in the presence of the Lord*
in the land of the living.**
- 9 I believed, even when I said,
'I have been brought very low.'*
In my distress I said, 'No one can be trusted.'
- 10 How shall I repay the Lord*
for all the good things he has done for me?**
- 11 I will lift up the cup of salvation*
and call upon the name of the Lord.
- 12 I will fulfil my vows to the Lord*
in the presence of all his people.**
- 13 Precious in the sight of the Lord*
is the death of his servants.
- 14 O Lord, I am your servant;*
I am your servant and the child of your handmaid;
you have freed me from my bonds.**
- 15 I will offer you the sacrifice of thanksgiving*
and call upon the name of the Lord.
- 16 I will fulfil my vows to the Lord*
in the presence of all his people.**
- 17 In the courts of the Lord's house,*
in the midst of you, O Jerusalem.
Hallelujah!

- 1 Praise the Lord, all you nations;*
laud him, all you peoples.**
- 2 For his loving-kindness toward us is great,*
and the faithfulness of the Lord endures for ever.
Hallelujah!

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
 - 2 He committed no sin, no guile was found on his lips;*
when he was reviled he did not revile in return.**
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Silence

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Glory to the Father and to the Son and to the Holy Spirit.
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Magnificat

A new commandment I give to you,
that you love one another, says the Lord.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.
From this day all generations will call me blessed:
You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

A new commandment I give to you,
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Prayers

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Do not bring us to the time of trial,
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Holy God, source of all love, your son Jesus gave his disciples a new commandment to love one another as he loved them. Write this commandment in our hearts; give us the will to serve others as he was the servant of all, who gave his life and died for us, yet is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

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for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 129 & 130

- 1 'Greatly have they oppressed me since my youth,*
let Israel now say;
- 2 **'Greatly have they oppressed me since my youth,*
but they have not prevailed against me.'**
- 3 The ploughmen ploughed upon my back*
and made their furrows long.
- 4 **The Lord, the Righteous One,*
has cut the cords of the wicked.**

- 5 Let them be put to shame and thrown back,*
all those who are enemies of Zion.
- 6 **Let them be like grass upon the housetops,*
which withers before it can be plucked;**
- 7 Which does not fill the hand of the reaper,*
nor the bosom of him who binds the sheaves;
- 8 **So that those who go by say not so much as,
'The Lord prosper you.*
We wish you well in the name of the Lord.'**
- 1 Out of the depths have I called you, O Lord;
Lord, hear my voice;*
let your ears consider well the voice of my supplication.
- 2 **If you, Lord, were to note what is done amiss,*
O Lord, who could stand?**
- 3 For there is forgiveness with you,*
therefore you shall be feared.
- 4 **I wait for the Lord; my soul waits for him;*
in his word is my hope.**
- 5 My soul waits for the Lord,
more than watchmen for the morning,*
more than watchmen for the morning.
- 6 **O Israel, wait for the Lord,*
for with the Lord there is mercy;**
- 7 With him there is plenteous redemption,*
and he shall redeem Israel from all their sins.

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 **He committed no sin, no guile was found on his lips;*
when he was reviled he did not revile in return.**

- 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
- 4 **He himself bore our sins in his body on the tree,*
that we might die to sin and live to righteousness.**
- 5 By his wounds we have been healed;*
for we were straying like sheep,
- 6 **But now we have returned*
to the shepherd and guardian of our souls.**
- Lord hear my prayer;
answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

I have said to the Lord, You are my God.
I have said to the Lord, You are my God.

Listen, O Lord to my supplication.
You are my God.

Glory to the Father and to the Son and to the Holy Spirit.
I have said to the Lord, You are my God.

Magnificat

**We proclaim Christ,
nailed to the cross.**

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

**We proclaim Christ,
nailed to the cross.**

Prayers

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Do not bring us to the time of trial,
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

Eternal God, look graciously, we pray, on us your people, for whom our Lord Jesus Christ was willing to be betrayed and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Holy Saturday

O God, make speed to save us:

O Lord, make haste to help us.

**Glory to the Father and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Psalmody

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

- 1 I spread out my hands to you;*
my soul gasps to you like a thirsty land.
- 2 **O Lord, make haste to answer me; my spirit fails me;*
do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalm 27

- 1 The Lord is my light and my salvation; whom then shall I fear?*
the Lord is the strength of my life;
of whom then shall I be afraid?
- 2 **When evildoers came upon me to eat up my flesh,*
it was they, my foes and my adversaries, who stumbled and fell.**
- 3 Though an army should encamp against me,*
yet my heart shall not be afraid;
- 4 **And though war should rise up against me,*
yet will I put my trust in him.**

- 5 One thing have I asked of the Lord; one thing I seek;*
that I may dwell in the house of the Lord all the days of my life;
- 6 To behold the fair beauty of the Lord*
and to seek him in his temple.**
- 7 For in the day of trouble he shall keep me safe in his shelter;*
he shall hide me in the secrecy of his dwelling
and set me high upon a rock.
- 8 Even now he lifts up my head*
above my enemies round about me.**
- 9 Therefore I will offer in his dwelling an oblation
with sounds of great gladness;*
I will sing and make music to the Lord.
- 10 Harken to my voice, O Lord, when I call;*
have mercy on me and answer me.**
- 11 You speak in my heart and say, 'Seek my face.'*
Your face, Lord, will I seek.
- 12 Hide not your face from me,*
nor turn away your servant in displeasure.**
- 13 You have been my helper;
cast me not away;*
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me,*
the Lord will sustain me.**
- 15 Show me your way, O Lord;*
lead me on a level path, because of my enemies.
- 16 Deliver me not into the hand of my adversaries,*
for false witnesses have risen up against me,
and also those who speak malice.**
- 17 What if I had not believed
that I should see the goodness of the Lord*
in the land of the living!
-

**18 O tarry and await the Lord's pleasure;*
be strong, and he shall comfort your heart;
wait patiently for the Lord.**

Conclusion – from 1 Peter 2

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that we should follow in his steps.
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when he was reviled he did not revile in return.**
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Magnificat

Destroy this temple
and in three days I will raise it up, says the Lord.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

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Give us today our daily bread.**

**Forgive us our sins
as we forgive those who sin against us.
Do not bring us to the time of trial,
but deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

O God, creator of heaven and earth, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so may we await with him the coming of the third day and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

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